

Shaking the Habit!



Here are some tips to reduce the amount of salt (sodium) in your diet.

- Limit salty snack foods such as potato or corn chips, salted pretzels, salted popcorn.
- Choose reduced-sodium products whenever available, such as reduced sodium soups, soy sauce, canned tuna, spaghetti and barbecue sauces.
- Watch canned or frozen vegetables – many have added sodium.
- Processed foods have more sodium – buy fresh, natural foods more often.
- Limit the times you eat at fast food restaurants as their foods are usually high in sodium.
- Use salt-free seasoning blends.
- Season with herbs and spices, most of which are sodium-free (see next page)

Put the salt shaker in the cupboard and use it sparingly

1/4 tsp salt = 575 mg of sodium

1/2 tsp salt = 1150 mg sodium

1 tsp salt = 2300 mg sodium

Foods that are High in Sodium

- Cured meats: ham, bacon, sausage, hot dogs, luncheon meats (bologna, salami etc)
- Fish, canned in oil or brined
- Canned shellfish
- Salted nuts, seeds and snack mixes
- Soy protein products
- Pizza
- Lasagne
- Frozen dinners
- Dehydrated soups
- Cheeses
- Buttermilk
- Instant cocoa mixes
- Bouillon cubes
- Olives, pickles, pickle relish
- Meat tenderizers
- Seasoning salts

Read the Labels!

Here are the key words that indicate that a food may be high in sodium or have ingredients that contain sodium.

- Salt
- Sodium
- Monosodium glutamate (MSG)
- Baking powder
- Baking soda
- Disodium phosphate
- Sodium benzoate
- Sodium hydroxide
- Sodium nitrite
- Sodium propionate
- Sodium sulfite

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Herb it Up!

Herbs are a great way to add flavor to your meals without adding salt. Here is a list of herbs and the foods they complement.

Herbs	Vegetables
Anise	Green salads, vegetable soup
Basil	Tomatoes, green salads, vegetable pasta salads
Chervil	Green salads, vegetable soups
Chives	Use instead of onions for a milder flavor
Sweet Marjoram	Potatoes and string beans
Oregano	Tomatoes
Mint	Green peas
Parsley	Green salads, vegetables

Try any of these herbs to complement these foods:

Herb	Foods
Caraway seed, marjoram, nutmeg . . .	Cauliflower
Basil, caraway seeds, dill, marjoram, nutmeg, savory	Green beans
Basil, curry, marjoram, mint, orange peel, rosemary	Peas
Basil, caraway seeds, chives, dill, garlic, onion	Potatoes
Basil, allspice, celery seed, marjoram, oregano, thyme	Tomatoes
Basil, celery seed, dill, paprika, tarragon	Green salads
Lovage, marjoram, sage, tarragon	Poultry
Basil, dill, garlic, parsley	Fish

**Remember this
rule of thumb
in using herbs:**

1/8 tsp powdered
herb =
1/4 tsp dried =
1 tsp fresh

**Salt
Substitute:**

3 tsp basil
2 tsp each savory,
celery seed,
ground cumin,
sage and
marjoram
1 tsp lemon thyme

Buying Fresh Herbs

Most of these herbs are commonly found in markets: bay leaf, mint, oregano, parsley, rosemary, sage, thyme, basil. Choose herbs that are clean, fresh, fragrant without signs of wilting or browning. They can be stored in the refrigerator in a plastic bags for up to five days.

Seasoning Strength

Strong herbs: bay leaves, cardamom, curry, ginger, hot peppers, mustard, pepper, rosemary, sage — Use 1 tsp for 6 servings.

Medium herbs: basil, celery seed, cumin, dill, fennel, garlic, marjoram, mint, oregano, savory, thyme, turmeric — Use 1 tsp for 6 servings.

Delicate herbs: burnet, chervil, chives, parsley — Use as desired.